IN THE CLAIMS:

Claims 1-37 (cancelled).

38 (new): A method of preventing or treating a disease from the group consisting of inflammatory diseases, degenerative diseases and viral diseases, in a mammal in need of such prevention or treatment, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9.

39 (new): A method of preventing or treating a disease as claimed in claim 38, wherein said mammal is human and said aqueous alkaline earth bicarbonate solution is administered to said human on an empty stomach.

40 (new): A method of preventing or treating a disease from the group consisting of inflammatory diseases, degenerative diseases and viral diseases, in a mammal in need of such prevention or treatment, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated

carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the bicarbonate anions are present in a concentration of from 150 mg per litre to 3500 mg per litre of the solution.

41 (new): A method of preventing or treating a disease from the group consisting of inflammatory diseases, degenerative diseases and viral diseases, in a mammal in need of such prevention or treatment, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the alkaline earth cations are present in a concentration of from 30 mg per litre to 140 mg per litre of the solution.

42 (new): A method of preventing or treating a disease from the group consisting of inflammatory diseases, degenerative diseases and viral diseases, in a mammal in need of such prevention or treatment, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is

present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the pH of the said solution is maintained at a value selected from the group consisting of pH 7.5 to 8.8, pH 7.5 to 8.5, pH 7.8 to 8.6, pH 7.8 to 8.5, pH 7.8 to 8.4, pH 7.8 to 8.3, pH 7.8 to 8.2, pH 7.8 to 8.1, pH 7.8 to 8.0, pH 7.8 to 7.9, pH 7.9 to 8.6, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.3, pH 7.9 to 8.2, pH 7.9 to 8.1, pH 7.9 to 8.0, pH 8.0 to 8.6, pH 8.0 to 8.5, pH 8.0 to 8.4, pH 8.0 to 8.3, pH 8.0 to 8.2, pH 8.0 to 8.1, pH 8.1 to 8.6, pH 8.1 to 8.5, pH 8.1 to 8.4, pH 8.1 to 8.3, pH 8.1 to 8.2, pH 8.2 to 8.6, pH 8.2 to 8.5, pH 8.2 to 8.6, pH 8.3 to 8.5, pH 8.3 to 8.5, pH 8.3 to 8.4, pH 8.4 to 8.6, pH 8.4 to 8.5, pH 8.5 to 8.6, pH 8 to 8.5, pH 8.2 to 8.6 and pH 8.3.

43 (new): A method of decreasing or treating senescence or of increasing longevity in a mammal comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9.

44 (new): A method of decreasing or treating senescence or of increasing longevity in a mammal comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising

agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the bicarbonate anions are present in a concentration of from 150 mg per litre to 3500 mg per litre of the solution.

45 (new): A method of decreasing or treating senescence or of increasing longevity in a mammal comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the alkaline earth cations are present in a concentration of from 30 mg per litre to 140 mg per litre of the solution.

46 (new): A method of decreasing or treating senescence or of increasing longevity in a mammal comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below

about 9, and wherein the pH of the said solution is maintained at a value selected from the group consisting of pH 7.5 to 8.8, pH 7.5 to 8.5, pH 7.8 to 8.6, pH 7.8 to 8.5, pH 7.8 to 8.4, pH 7.8 to 8.3, pH 7.8 to 8.2, pH 7.8 to 8.1, pH 7.8 to 8.0, pH 7.8 to 7.9, pH 7.9 to 8.6, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.3, pH 7.9 to 8.2, pH 7.9 to 8.1, pH 7.9 to 8.0, pH 8.0 to 8.6, pH 8.0 to 8.5, pH 8.0 to 8.4, pH 8.0 to 8.3, pH 8.0 to 8.2, pH 8.0 to 8.1, pH 8.1 to 8.6, pH 8.1 to 8.5, pH 8.1 to 8.4, pH 8.1 to 8.3, pH 8.1 to 8.2, pH 8.2 to 8.6, pH 8.2 to 8.5, pH 8.2 to 8.4, pH 8.2 to 8.3, pH 8.3 to 8.6, pH 8.3 to 8.5, pH 8.4 to 8.6, pH 8.4 to 8.5, pH 8.5 to 8.6, pH 8 to 8.5, pH 8.2 to 8.6, pH 8.3.

47 (new): A method of increasing motor activity or decreasing fatigue in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9.

48 (new): A method of increasing motor activity or decreasing fatigue in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic

acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the bicarbonate anions are present in a concentration of from 150 mg per litre to 3500 mg per litre of the solution.

49 (new): A method of increasing motor activity or decreasing fatigue in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the alkaline earth cations are present in a concentration of from 30 mg per litre to 140 mg per litre of the solution.

50 (new): A method of increasing motor activity or decreasing fatigue in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the pH of the said solution is maintained at a value selected from the group

consisting of pH 7.5 to 8.8, pH 7.5 to 8.5, pH 7.8 to 8.6, pH 7.8 to 8.5, pH 7.8 to 8.4, pH 7.8 to 8.3, pH 7.8 to 8.2, pH 7.8 to 8.1, pH 7.8 to 8.0, pH 7.8 to 7.9, pH 7.9 to 8.6, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.3, pH 7.9 to 8.2, pH 7.9 to 8.1, pH 7.9 to 8.0, pH 8.0 to 8.6, pH 8.0 to 8.5, pH 8.0 to 8.4, pH 8.0 to 8.3, pH 8.0 to 8.2, pH 8.0 to 8.1, pH 8.1 to 8.6, pH 8.1 to 8.5, pH 8.1 to 8.4, pH 8.1 to 8.3, pH 8.1 to 8.2, pH 8.2 to 8.6, pH 8.2 to 8.5, pH 8.2 to 8.4, pH 8.2 to 8.3, pH 8.3 to 8.6, pH 8.3 to 8.5, pH 8.4 to 8.6, pH 8.4 to 8.5, pH 8.5 to 8.6, pH 8 to 8.5, pH 8.2 to 8.6, pH 8.3.

51 (new): A method of scavenging protons in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9.

52 (new): A method of scavenging protons in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the

bicarbonate anions are present in a concentration of from 150 mg per litre to 3500 mg per litre of the solution.

53 (new): A method of scavenging protons in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the alkaline earth cations are present in a concentration of from 30 mg per litre to 140 mg per litre of the solution.

54 (new): A method of scavenging protons in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the pH of the said solution is maintained at a value selected from the group consisting of pH 7.5 to 8.8, pH 7.5 to 8.5, pH 7.8 to 8.6, pH 7.8 to 8.5, pH 7.8 to 8.3, pH 7.8 to 8.4, pH 7.8 to 8.4, pH 7.9 to 8.4, pH 7.9 to 8.4, pH 7.9 to 8.4, pH 7.9 to 8.5, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.5, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.5, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.5, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.5, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.5, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.5, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.5, pH 7.9 to 8.5, pH 7.9 to 8.5, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.5, p

pH 7.9 to 8.2, pH 7.9 to 8.1, pH 7.9 to 8.0, pH 8.0 to 8.6, pH 8.0 to 8.5, pH 8.0 to 8.4, pH 8.0 to 8.3, pH 8.0 to 8.2, pH 8.0 to 8.1, pH 8.1 to 8.6, pH 8.1 to 8.5, pH 8.1 to 8.4, pH 8.1 to 8.3, pH 8.1 to 8.2, pH 8.2 to 8.6, pH 8.2 to 8.5, pH 8.2 to 8.4, pH 8.3 to 8.6, pH 8.3 to 8.6, pH 8.3 to 8.6, pH 8.3 to 8.6, pH 8.4 to 8.5, pH 8.5 to 8.6, pH 8 to 8.5, pH 8.2 to 8.6 and pH 8.3.

55 (new): A method for preventing or treating arthritis in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9.

56 (new): A method for preventing or treating arthritis in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the bicarbonate anions are present in a concentration of from 150 mg per litre to 3500 mg per litre of the solution.

57 (new): A method for preventing or treating arthritis in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the alkaline earth cations are present in a concentration of from 30 mg per litre to 140 mg per litre of the solution.

58 (new): A method for preventing or treating arthritis in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the pH of the said solution is maintained at a value selected from the group consisting of pH 7.5 to 8.8, pH 7.5 to 8.5, pH 7.8 to 8.6, pH 7.8 to 8.5, pH 7.8 to 8.3, pH 7.8 to 8.2, pH 7.8 to 8.2, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.4, pH 7.9 to 8.3, pH 7.9 to 8.2, pH 7.9 to 8.1, pH 7.9 to 8.0, pH 8.0 to 8.5, pH 8.0 to 8.4, pH 8.0 to 8.4, pH 8.0 to 8.5, pH 8.1 to 8.5, pH 8.1 to 8.4, pH 8.1 to 8.3, pH 8.1

to 8.2, pH 8.2 to 8.6, pH 8.2 to 8.5, pH 8.2 to 8.4, pH 8.2 to 8.3, pH 8.3 to 8.6, pH 8.3 to 8.5, pH 8.3 to 8.4, pH 8.4 to 8.6, pH 8.4 to 8.5, pH 8.5 to 8.6, pH 8 to 8.5, pH 8.2 to 8.6 and pH 8.3.

59 (new): A method of preventing or treating an inflammatory disease in a mammal in need of such prevention or treatment, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9.

60 (new): A method of preventing or treating a degenerative disease in a mammal in need of such prevention or treatment, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9.

61 (new): A method of preventing or treating a viral disease in a mammal in need of such prevention or treatment, comprising administering to said mammal an effective amount of

an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9.

62 (new): A method of decreasing or treating senescence in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9.

63 (new): A method of increasing longevity in a mammal comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9.

64 (new): A method of increasing motor activity in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9.

65 (new): A method of decreasing fatigue in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9.

66 (new): A method of decreasing osteoarthritis in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9.

67 (new): A method of decreasing osteoarthritis in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the bicarbonate anions are present in a concentration of from 150 mg per litre to 3500 mg per litre of the solution.

68 (new): A method of decreasing osteoarthritis in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the alkaline earth cations are present in a concentration of from 30 mg per litre to 140 mg per litre of the solution.

69 (new): A method of decreasing osteoarthritis in a mammal, comprising administering to said mammal an effective amount of an aqueous alkaline earth bicarbonate solution

comprising alkaline earth cations and bicarbonate anions, wherein said alkaline earth is substantially only magnesium, wherein said solution comprises a stabilising agent selected from the group consisting of carbon dioxide, hydrated carbon dioxide, carbonic acid and any mixture thereof, and wherein the stabilising agent is present in an amount whereby the pH of the solution is maintained above the normal blood plasma pH value of 7.38 and below about 9, and wherein the pH of the said solution is maintained at a value selected from the group consisting of pH 7.5 to 8.8, pH 7.5 to 8.5, pH 7.8 to 8.6, pH 7.8 to 8.5, pH 7.8 to 8.4, pH 7.8 to 8.3, pH 7.8 to 8.2, pH 7.8 to 8.1, pH 7.8 to 8.0, pH 7.8 to 7.9, pH 7.9 to 8.6, pH 7.9 to 8.5, pH 7.9 to 8.4, pH 7.9 to 8.3, pH 7.9 to 8.2, pH 7.9 to 8.1, pH 7.9 to 8.0, pH 8.0 to 8.6, pH 8.0 to 8.5, pH 8.0 to 8.4, pH 8.1 to 8.3, pH 8.1 to 8.2, pH 8.1 to 8.2, pH 8.1 to 8.3, pH 8.1 to 8.3, pH 8.1 to 8.4, pH 8.1 to 8.5, pH 8.1 to 8.5, pH 8.3 to 8.6, pH 8.3 to 8.6,